



Oak Park School District Food Services Newsletter

February 2025



Introducing: Asha McElroy (Plant-Based Consultant)

Asha McElroy, MPH, RDN was born and raised in Detroit, Michigan. Her teaching experience is rooted in the intersectionality of urban agriculture and designing culturally sensitive nutrition education for African American communities, as a Registered Dietitian Nutritionist (RDN). Asha developed her interest in studying cultural humility and sensitivity through her training in Family and Consumer Sciences (food and nutritional science, B.S., North Carolina A& T SU '20), as well as Public Health Science (nutritional science, and dietetics, University of Michigan '23). Her training, propelled her interest in improving health outcomes for communities of color through nutrition education programming.

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Plant –Based Pilot Program

Einstein Elementary has been selected to participate in a Plant-Based Pilot Program in collaboration with the Michigan Department of Education (MDE). This initiative aims to introduce more plant-based meal options to our school menus, providing students with nutritious, diverse, and sustainable food choices.

The goals of this program include:

- ✓ Expanding access to nutritious plant-based meals
- ✓ Encouraging healthy eating habits among students
- ✓ Supporting environmental sustainability

DISCOVERY KITCHEN FUN

Smart Snacking

There's no question that students today are busier than ever! With school, sports, and other extra-curricular activities, we want to ensure students understand how healthy snacks and meals can be important in energizing them all day. The tradition of three square meals a day is becoming a thing of the past, and insights show that today's students have non-traditional eating habits, favoring mini meals. This month, students will learn to create Smart Snacks for school and at home.



CUSTOMIZE YOUR HEADLINE

Mr. Lee has been working in the food department for a few years now. When he started he thought all we did was make sandwiches, but he soon found out we do a lot more. He is now making scratched cooked meals at one of our elementary schools and doing a great job. Lee is a valued employee. He is always on time and ready to help any way he can. Thank you for all you do for the kids and us.

UP NEXT:

Parent Survey



Student Survey.



Plant Based tasting at Einstein.



Do we have to apply for the summer EBT card? No, but you have to fill out the education benefits form and then up load to parent connect (on the oak park webpage). [Parent Portal](#)



Elementary Breakfast
8:15am – 8:45am

Secondary Breakfast
8:00am – 8:40am

Elementary Lunch
10:30am-12:30pm

Secondary Lunch
10:30am – 1:00pm



Life's Little
CELEBRATIONS

Treveon Farmer

Leshay Byrd

Tracy Neal

Clara Thompson

Raquel Moore

Austin Jackson

**All Celebrating
birthdays this
month**

Theresa Lipscomb

Maryann Miller